

Aquatics

Rockville Municipal Swim Center

The Swim Center, located at 355 Martins Lane, has two Indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-08750.

M= Member

NM= Non Member

You will only receive the discounted rate if your membership is up to date.

Registration Procedures

Residents & Members:

August 16

Non-Residents & Non-Members:

August 30

Registration Deadline:

2 weeks prior to start date.

Credits or refunds only will be issued for medical reasons and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to:	or	Fax to:
Swimming Lessons		Swimming Lessons
Rockville Municipal Swim Center		240-314-8759
355 Martins Lane		
Rockville, MD 20850		

An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

We Love Parents But...In order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Adult/Child Swim

Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 6 months-18months

Course #	Day	Date	Time	Fee (M/NM)
16748	Su	Sep 11-Oct 23	10:25am-10:55am	\$60/\$75
16746	Tu	Sep 13-Oct 25	9am-9:30am	\$60/\$75
16749	Su	Oct 30-Dec 18	10:25am-10:55am	\$60/\$75
16747	Tu	Nov 1-Dec 13	9am-9:30am	\$51/\$64

Location: North Pool

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18 months-3 years

Course #	Day	Date	Time	Fee (M/NM)
16750	Sa	Sep 10-Oct 22	10:10am-10:40am	\$60/\$75
16752	Sa	Sep 10-Oct 22	10:50am-11:20am	\$60/\$75
16754	Su	Sep 11-Oct 23	9:50am-10:20am	\$60/\$75
16757	Su	Sep 11-Oct 23	11:30am-12 noon	\$60/\$75
16751	Sa	Oct 29-Dec 17	10:10am-10:40am	\$60/\$75
16753	Sa	Oct 29-Dec 17	10:50am-11:20am	\$60/\$75
16755	Su	Oct 30-Dec 18	9:50am-10:20am	\$60/\$75
16758	Su	Oct 30-Dec 11	11:30am-12 noon	\$60/\$75
16756	Th	Nov 3-Dec 15	9am-9:30am	\$51/\$64

Location: North Pool

Bobbers 1 - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

Ages: 3-5

Course #	Day	Date	Time	Fee (M/NM)
16731	Sa	Sep 10-Oct 22	11:25am-11:55am	\$60/\$75
16733	Sa	Sep 10-Oct 22	9am-9:30am	\$60/\$75
16735	Su	Sep 11-Oct 23	9:15am-9:45am	\$60/\$75
16738	Su	Sep 11-Oct 23	11am-11:30am	\$60/\$75
16729	Th	Sep 15-Oct 27	9:30am-10am	\$60/\$75
16732	Sa	Oct 29-Dec 17	11:25am-11:55am	\$60/\$75
16734	Sa	Oct 29-Dec 17	9am-9:30am	\$60/\$75
16736	Su	Oct 30-Dec 18	9:15am-9:45am	\$60/\$75

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16739	Su	Oct 30-Dec 11	11am-11:30am	\$60/\$75
16730	Th	Nov 3-Dec 15	9:30am-10am	\$51/\$64
16737	Th	Nov 3-Dec 15	9:30am-10am	\$51/\$64

Location: North Pool

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

Ages: 3-5

Course #	Day	Date	Time	Fee (M/NM)
16740	Sa	Sep 10-Oct 22	9:35am-10:05am	\$60/\$75
16742	Sa	Sep 10-Oct 22	8:25am-8:55am	\$60/\$75
16744	Su	Sep 11-Oct 23	8:40am-9:10am	\$60/\$75
16741	Sa	Oct 29-Dec 17	9:35am-10:05am	\$60/\$75
16743	Sa	Oct 29-Dec 17	8:25am-8:55am	\$60/\$75
16745	Su	Oct 30-Dec 18	8:40am-9:10am	\$60/\$75

Location: North Pool

Preschool Swim Classes

Floaters 1

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
16777	Sa	Sep 10-Oct 22	9am-9:40am	\$63/\$79
16778	Sa	Sep 10-Oct 22	9:45am-10:25am	\$63/\$79
16779	Sa	Sep 10-Oct 22	10:30am-11:10am	\$63/\$79
16780	Sa	Sep 10-Oct 22	11:15am-11:55am	\$63/\$79
16785	Su	Sep 11-Oct 23	9am-9:40am	\$63/\$79
16786	Su	Sep 11-Oct 23	9:45am-10:25am	\$63/\$79
16787	Su	Sep 11-Oct 23	10:30am-11:10am	\$63/\$79
16788	Su	Sep 11-Oct 23	11:15am-11:55am	\$63/\$79
16783	M	Sep 12-Oct 24	3:30pm-4pm	\$63/\$79
16781	F	Sep 16-Oct 28	4pm-4:30pm	\$63/\$79
16789	Sa	Oct 29-Dec 17	9am-9:40am	\$63/\$79
16790	Sa	Oct 29-Dec 17	9:45am-10:25am	\$63/\$79
16791	Sa	Oct 29-Dec 17	10:30am-11:10am	\$63/\$79
16792	Sa	Oct 29-Dec 17	11:15am-11:55am	\$63/\$79
16793	Su	Oct 30-Dec 18	9am-9:40am	\$63/\$79
16989	Su	Oct 30-Dec 18	9:45am-10:25am	\$63/\$79
16990	Su	Oct 30-Dec 18	10:30am-11:10am	\$63/\$79
16991	Su	Oct 30-Dec 18	11:15am-11:55am	\$63/\$79
16784	M	Oct 31-Dec 12	3:30pm-4pm	\$54/\$67
16782	F	Nov 4-Dec 16	4pm-4:30pm	\$54/\$67

Location: North Pool

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
16804	Sa	Sep 10-Oct 22	9:45am-10:25am	\$63/\$79
16805	Sa	Sep 10-Oct 29	11:15am-11:55am	\$63/\$79
16806	Su	Sep 11-Oct 23	9:45am-10:25am	\$63/\$79
16807	Su	Sep 11-Oct 23	11:15am-11:55am	\$63/\$79
16794	M	Sep 12-Oct 24	4pm-4:30pm	\$63/\$79
16796	Tu	Sep 13-Oct 25	5pm-5:30pm	\$63/\$79
16798	W	Sep 14-Oct 26	3:30pm-4pm	\$63/\$79
16800	Th	Sep 15-Oct 27	5pm-5:30pm	\$63/\$79
16802	F	Sep 16-Oct 28	3:30pm-4pm	\$63/\$79
16808	Sa	Oct 29-Dec 17	9:45am-10:25am	\$63/\$79
16809	Sa	Oct 29-Dec 17	11:15am-11:55am	\$63/\$79
16810	Su	Oct 30-Dec 18	9:45am-10:25am	\$63/\$79
16811	Su	Oct 30-Dec 18	11:15am-11:55am	\$63/\$79
16795	M	Oct 31-Dec 12	4pm-4:30pm	\$54/\$67
16797	Tu	Nov 1-Dec 13	5pm-5:30pm	\$54/\$67
16799	W	Nov 2-Dec 14	3:30pm-4pm	\$54/\$67
16801	Th	Nov 3-Dec 15	5pm-5:30pm	\$54/\$67
16803	F	Nov 4-Dec 16	3:30pm-4pm	\$54/\$67

Location: North Pool

Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
16853	Sa	Sep 10-Oct 22	9am-9:40am	\$63/\$79
16854	Sa	Sep 10-Oct 22	10:30am-11:10am	\$63/\$79
16855	Su	Sep 11-Oct 23	9am-9:40am	\$63/\$79
16856	Su	Sep 11-Oct 23	11:15am-11:55am	\$63/\$79
16845	M	Sep 12-Oct 24	4:30pm-5pm	\$63/\$79
17063	Tu	Sep 13-Oct 25	4:30pm-5pm	\$63/\$79
17060	M	Oct 31-Dec 12	9pm-9:45pm	\$48/\$60
17061	W	Nov 2-Dec 14	8:30pm-9:15pm	\$48/\$60
16847	W	Sep 14-Oct 26	4pm-4:30pm	\$63/\$79
16851	F	Sep 16-Oct 28	3:30pm-4pm	\$63/\$79
16857	Sa	Oct 29-Dec 17	10:30am-11:10am	\$63/\$79
16858	Su	Oct 30-Dec 18	9am-9:40am	\$63/\$79
16846	M	Oct 31-Dec 12	4:30pm-5pm	\$54/\$67
17064	Tu	Nov 1-Dec 13	4:30pm-5pm	\$54/\$67
16848	W	Nov 2-Dec 14	4pm-4:30pm	\$54/\$67
16852	F	Nov 4-Dec 16	3:30pm-4pm	\$54/\$67

Location: North Pool

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Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
16863	Sa	Sep 10-Oct 22	9:45am-10:25am	\$63/\$79
16864	Sa	Sep 10-Oct 22	11:15am-11:55am	\$63/\$79
16865	Su	Sep 11-Oct 23	9:45am-10:25am	\$63/\$79
16859	Th	Sep 15-Oct 27	5:30pm-6pm	\$63/\$79
16861	W	Sep 14-Oct 26	4:30pm-5pm	\$63/\$79
16866	Su	Oct 30-Dec 18	9:45am-10:25am	\$63/\$79
16867	Su	Oct 30-Dec 18	11:15am-11:55am	\$63/\$79
16860	Th	Nov 3-Dec 15	5:30pm-6pm	\$54/\$67
16862	W	Nov 2-Dec 14	4:30pm-5pm	\$54/\$67

Location: North Pool

Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16890	Sa	Sep 10-Oct 22	9am-9:40am	\$56/\$70
16891	Sa	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
16892	Su	Sep 11-Oct 23	9am-9:40am	\$56/\$70
16893	Su	Sep 11-Oct 23	12 noon-12:40pm	\$56/\$70
16896	Th	Sep 15-Oct 27	4:30pm-5pm	\$56/\$70
16894	Sa	Oct 29-Dec 17	9:45am-10:25am	\$56/\$70
16895	Su	Oct 30-Dec 18	9am-9:40am	\$56/\$70
16898	Su	Oct 30-Dec 11	10:30am-11:10am	\$56/\$70
16899	Su	Oct 30-Dec 11	12 noon-12:40pm	\$56/\$70
16897	Th	Nov 3-Dec 15	4:30pm-5pm	\$48/\$60

Location: North Pool

Children's Swim Classes

Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

Ages: 7+

Course #	Day	Date	Time	Fee (M/NM)
16876	Sa	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
16878	Sa	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
16879	Su	Sep 11-Oct 23	9am-9:40am	\$56/\$70
16880	Su	Sep 11-Oct 23	10:30am-11:10am	\$56/\$70
16979	Sa	Oct 29-Dec 10	11:15am-11:55am	\$56/\$70
16980	Su	Oct 30-Dec 18	9:45am-10:25am	\$56/\$70
16981	Su	Oct 30-Dec 18	10:30am-11:10am	\$56/\$70

Location: North Pool

Youth 1

Water adjustment is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16885	Sa	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
16886	Sa	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
16887	Su	Sep 11-Oct 30	10:30am-11:10am	\$56/\$70
16982	Su	Sep 11-Oct 23	12 noon-12:40pm	\$56/\$70
16888	Sa	Oct 29-Dec 17	9am-9:40am	\$56/\$70
16889	Su	Oct 30-Dec 18	10:30am-11:10am	\$56/\$70
16983	Su	Oct 30-Dec 18	12 noon-12:40pm	\$56/\$70

Location: North Pool

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16900	Sa	Sep 10-Oct 22	9am-9:40am	\$56/\$70
16901	Sa	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
16902	Sa	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
16903	Su	Sep 11-Oct 30	9:45am-10:25am	\$56/\$70
16904	Su	Sep 11-Oct 23	10:30am-11:10am	\$56/\$70
16905	Su	Sep 11-Oct 23	12 noon-12:40pm	\$56/\$70
16906	Sa	Oct 29-Dec 17	9am-9:40am	\$56/\$70
16907	Su	Oct 30-Dec 18	9am-9:40am	\$56/\$70
16908	Su	Oct 30-Dec 18	10:30am-11:10am	\$56/\$70
16984	Su	Oct 30-Dec 18	12 noon-12:40pm	\$56/\$70

Location: North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16909	Sa	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
16910	Sa	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
16911	Su	Sep 11-Oct 23	9am-9:40am	\$56/\$70
16912	Su	Sep 11-Oct 23	10:30am-11:10am	\$56/\$70
16913	Su	Sep 11-Oct 23	11:15am-11:55am	\$56/\$70
16914	Sa	Oct 29-Dec 17	9am-9:40am	\$56/\$70

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16915	Su	Oct 30-Dec 18	9am-9:40am	\$56/\$70
16916	Su	Oct 30-Dec 18	9:45am-10:25am	\$56/\$70
16917	Su	Oct 30-Dec 18	11:15am-11:55am	\$56/\$70

Location: South Pool

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16920	Sa	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
16921	Sa	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
16922	Su	Sep 11-Oct 30	9am-9:40am	\$56/\$70
16923	Su	Sep 11-Oct 23	9:45am-10:25am	\$56/\$70
16924	Su	Sep 11-Oct 23	11:15am-11:55am	\$56/\$70
16925	Sa	Oct 29-Dec 17	9:45am-10:25am	\$56/\$70
16926	Su	Oct 30-Dec 18	9:45am-10:25am	\$56/\$70
16927	Su	Oct 30-Dec 18	11:15am-11:55am	\$56/\$70

Location: South Pool

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16929	Sa	Sep 10-Oct 22	9am-9:40am	\$56/\$70
16930	Sa	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
16931	Su	Sep 11-Oct 23	9:45am-10:25am	\$56/\$70
16932	Su	Sep 11-Oct 23	10:30am-11:10am	\$56/\$70
16933	Sa	Oct 29-Dec 17	10:30am-11:10am	\$56/\$70
16934	Su	Oct 30-Dec 18	9am-9:40am	\$56/\$70
16935	Su	Oct 30-Dec 18	10:30am-11:10am	\$56/\$70

Location: South Pool

Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

Ages: 6+

Course #	Day	Date	Time	Fee (M/NM)
16936	Sa	Sep 10-Oct 22	9am-9:40am	\$56/\$70
16937	Sa	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
16938	Su	Sep 11-Oct 23	9am-9:40am	\$56/\$70
16939	Su	Sep 11-Oct 23	9:45am-10:25am	\$56/\$70
16940	Su	Sep 11-Oct 23	11:15am-11:55am	\$56/\$70

16985	Sa	Oct 29-Dec 17	10:30am-11:10am	\$56/\$70
16986	Su	Oct 30-Dec 18	9am-9:40am	\$56/\$70
16987	Su	Oct 30-Dec 18	9:45am-10:25am	\$56/\$70
16988	Su	Oct 30-Dec 18	11:15am-11:55am	\$56/\$70

Location: South Pool

Adult Swim

Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
16681	M	Sep 12-Oct 24	9pm-9:45pm	\$56/\$70
16680	W	Sep 14-Oct 26	8:30pm-9:15pm	\$56/\$70
16976	Th	Sep 15-Oct 27	8:20pm-9:05pm	\$56/\$70
17060	M	Oct 31-Dec 12	9pm-9:45pm	\$48/\$60
17061	W	Nov 2-Dec 14	8:30pm-9:15pm	\$48/\$60
16977	Tu	Nov 1-Dec 13	8:20pm-9:05pm	\$48/\$60

Location: South Pool

Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to attending.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
16685	Sa	Sep 10-Oct 22	9am-9:40am	\$56/\$70
16686	Tu	Sep 13-Oct 25	8:20pm-9:05pm	\$56/\$70
16682	W	Sep 14-Oct 26	8:30pm-9:15pm	\$56/\$70
16687	Th	Sep 15-Oct 27	8:20pm-9:05pm	\$56/\$70
16978	Tu	Nov 1-Dec 13	8:20pm-9:05pm	\$48/\$60
17062	W	Nov 2-Dec 14	8:30pm-9:15pm	\$48/\$60

Location: South Pool

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
16688	Tu	Sep 13-Oct 25	8:20pm-9:05pm	\$56/\$70
16689	Th	Nov 3-Dec 15	8:20pm-9:05pm	\$48/\$60

Location: South Pool

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Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for beginners! Adult Beginner 3 is recommended prior to attending.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
16695	Th	Nov 3-Dec 15	8:20pm-9:05pm	\$48/\$60

Location: South Pool

Adult Water Fitness

Aqua Blast

Start the day off right-have a blast! Fast paced water exercise class for people who want to workout in the morning. This low-impact high-energy workout is great for both sexes. You do not have to swim to benefit from this class. Music is used. This class is a combination of the Tues./Thurs. cardio training classes.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16700	Tu & Th	Sep 13-Dec 15	6:35am-7:20am	\$104/\$125

Location: South Pool

Aqua Boogie

Come join us for this aquatic dance class that will move and shake your muscles in the water! Various genres of music will be used from swing to jazz to boogie! You will be keeping in shape and learning new dance steps at the same time! A great mid morning work out!

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
17066	Th	Sep 15-Dec 15	10:10am-10:55am	\$52/\$65

Location: South Pool

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

Ages: 16+

Course #	Day	Date	Time	Fee (M/NM)
16702	M & W	Sep 12-Dec 14	8:30am-9:15am	\$104/\$125
16703	M & W	Sep 12-Dec 14	9:15am-10am	\$104/\$125
16708	Tu & Th	Sep 13-Dec 15	8:30am-9:15am	\$104/\$125
16709	Tu & Th	Sep 13-Dec 15	9:15am-10am	\$104/\$125
16710	F	Sep 16-Dec 16	8:30am-9:15am	\$52/\$65
16711	F	Sep 16-Dec 16	9:15am-10am	\$52/\$65

Location: North Pool

Aqua Jog

This jogging class will take you from deep water to shallow water, using the waters' resistance to help with your workout. Participants will be provided with a belt or can bring their own. This class can be adjusted to meet your fitness needs! You can step up the moves for a more cardio workout or tone it down for a low impact, strengthening workout. Music may be used.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
17068	Tu	Sep 13-Dec 13	10:15am-11am	\$52/\$65

Location: South Pool

Arthritis, Fibromyalgia, TBI, Stroke

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
16723	M & W	Sep 12-Dec 14	9:15am-10:15am	\$130/\$160
16725	Tu & Th	Sep 13-Dec 15	8:30am-9:30am	\$130/\$160

Location: North Pool

Noodle-cise

A noodle is a long foam swim aid that most people see children playing with in the pool! But this is a shallow to deep workout utilizing the noodle! This class will help strengthen and tone muscles in a fun, unique way. Music may be used.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
17067	Tu	Sep 13-Dec 13	9:30am-10:15am	\$52/\$65

Location: South Pool

Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may or may not be used.

Ages: 16+

Course #	Day	Date	Time	Fee (M/NM)
16767	M	Sep 12-Dec 12	9:15am-10am	\$52/\$65
16770	Tu	Sep 13-Dec 13	7:35pm-8:20pm	\$52/\$65
16768	W	Sep 14-Dec 14	9:15am-10am	\$52/\$65
16771	Th	Sep 15-Dec 15	7:35pm-8:20pm	\$52/\$65
16769	F	Sep 16-Dec 16	9:15am-10am	\$52/\$65

Location: South Pool

Aquatics

H2O Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

Ages: 15+

Course #	Day	Date	Time	Fee (M/NM)
16815	M	Sep 12-Dec 12	9:15am-10am	\$52/\$65
16818	Tu	Sep 13-Dec 13	7:35pm-8:20pm	\$52/\$65
16816	W	Sep 14-Dec 14	9:15am-10am	\$52/\$65
16819	Th	Sep 15-Dec 15	7:35pm-8:20pm	\$52/\$65
16817	F	Sep 16-Dec 16	9:15am-10am	\$52/\$65

Location: South Pool

H2O Aerobics

Come exercise in this mid-day aerobics class that uses the resistance of the water to stretch, tone, and strengthen muscles. You do not have to swim to benefit from this class. Equipment and music may be used.

Ages: 16+

Course #	Day	Date	Time	Fee (M/NM)
17065	Tu	Sep 13-Dec 13	11:10am-11:55am	\$52/\$65

Location: South Pool

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll but you must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Ages: 15+

Course #	Day	Date	Time	Fee (M/NM)
16869	Tu	Sep 13-Dec 13	9:15pm-10pm	\$52/\$65
16870	Th	Sep 15-Dec 15	11:10am-11:55am	\$52/\$65
16871	Th	Sep 15-Dec 15	9:15pm-10pm	\$52/\$65

Location: North Pool

Senior Swim

60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
16678	Tu & Th	Sep 13-Dec 15	2pm-2:45pm	\$52/\$65

Location: South Pool

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
16830	M & W	Sep 12-Dec 14	2:30pm-3:15pm	\$52/\$65

Location: North Pool

Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
16832	M, W & F	Sep 12-Dec 16	10:10am-10:55am	\$78/\$97

Location: North Pool

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
16834	M, W & F	Sep 12-Dec 16	11:05am-11:50am	\$78/\$97

Location: South Pool

Special Swim

Aqua MS

Exercise class for individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16717	Tu & Th	Sep 13-Dec 15	9:30am-10:30am	\$130/\$160

Location: North Pool

Aqua Pre and Post Natal Workout

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16719	W & F	Sep 14-Dec 16	10am-10:45am	\$130/\$160

Location: South Pool

Aquatics

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16721	Tu & Th	Sep 13-Dec 15	10:10am-10:55am	\$130/\$160

Location: North Pool

Rockville Masters Swimming

This program is designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. Purchase your pass-card at the Front Desk.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16995	M	Sep 12-Dec 12	6:30am-7:30am	\$65/\$82
16992	M & W	Sep 12-Dec 14	6:30am-7:30am	\$117/\$145
16829	M, W & F	Sep 12-Dec 16	6:30am-7:30am	\$156/\$195

Location: South Pool

Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
16882	Tu	Sep 13-Dec 13	9:40am-11am	\$130/\$160

Location: South Pool

Wine Tasting

See page 57

Holiday Bazaar

See page 57

Out to Lunch and Farmers' Market

See page 56

Antique and Classic Car Show

See page 59

Arts and Music Festival

See Back Cover

Fantastic Fall Happenings

